THE CURIOSITIES OF Common Water: OR *The Advantages thereof,*

In Preventing and Curing many

DISTEMPERS.

GATHER'D

From the *Writings* of ſeveral Eminent *Phyſicians*; and alſo from more than Forty Years Experience.

By *JOHN SMITH*, C. M.

To which are added,

Some RULES for preſerving Health by Diet.

That's the beſt Phyſick which doth cure our Ills,
Without the Charge of 'Pothecaries Bills.

The Eighth Edition, with Additions,

Communicated by

Mr. *RALPH THORESBY*, F.R.S. and Others.

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THE CURIOSITIES OF Common Water.

FOR the Benefit of Mankind in general, I have taken Pains to give the World an Account of what I have found written *in the Works of the moſt eminent Phyſicians*, concerning the Good that Mankind may receive from the Uſe of *Common Water*; and of the Informations I have had concerning the *Benefits thereof* from others by Word of Mouth; and of what I have diſcovered *by my own Experience*, from frequent Trials during a Time, that hath intervened from that of *Thirty* to *Seventy four Years of Age*: Which is ſufficient to confirm the ſtupendious Effects thereof, eſpecially in the many Particulars, that ſhall be mentioned as my own Diſcovery with reſpect to this excellent Remedy, which will perform Cures with very little Trouble, and without any Charge, and is alſo to be had where-ever there are any Habitations, which can hardly be ſaid of any other: So that in ſome Senſe Water may be truly ſtiled, *An Univerſal Remedy*, ſince the Diſeaſes it either prevents or cures may have this Remedy applied to all Perſons, and in all Places where Men inhabit.

Excellency of Water. The first Commendation of Common Water I shall mention, is that of Dr. *Manwaring*, in his *Method and Means of enjoying Health*; wherein he saith, That Water is a wholesom Drink, or rather the most wholesom —— being appointed for Man in his best State; which doth strongly argue that Drink to be the most suitable for Human Nature —— answering all the Intentions of common Drinks. for it cools, moistens, and quencheth Thirsts; 'tis clear, thin, and fit to convey the Nourishment through the smallest Vessels of the Body —— and it is a Drink that is a Rule to itself, and requires little Caution in the Use of it, *since none will be tempted to drink of it more than needs*: And that in the primitive Ages of the World, Water-Drinkers, he says, were the longest Livers by some hundreds of Years —— not so often sick and complaining as we are.

Digestion to help. Dr. *Keill*, treating of the Stomach, in his *Abridgment of the Anatomy of Human Bodies*, saith, That Water seems the fittest to promote the Digestion of Food; all spiritous Liquors having a Property by which they hurt, rather than help Digestion; the sad Effects of which they are sensible of, he saith, who by a long Use thereof have lost their Appetites, hardly ever to be restored without drinking Water, *which seldom faileth of procuring a good Appetite and a strong Digestion.* With which Dr. *Baynard* agrees, affirming; 'That Water liquifies and concocts our Food better 'than any fomented Liquor whatever,' *Hist. of Cold Bathing*, p. 440.

Diseases to prevent. Dr. *Prat*, in his *Treatise of Mineral Waters* shews it to be his Judgment, That if People would accustom themselves to drink Water, they would be more free from many Diseases; such as *Tremblings*, *Palsies*, *Apoplexies*, *Giddiness*, *Pains in the Head*, *Gout*, *Stone*, *Dropsy*, *Rheumatism*, *Piles*, and such like: Which Diseases are most common among them that drink strong Drinks, and which Water generally would prevent. Moreover, he saith, That Water plentifully drank, *strengthens the Stomach, causeth an Appetite,*

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preſerves the Sight, maketh the Senſes lively, and cleanſeth all the Paſſages of the Body, eſpecially thoſe of the Kidneys and Bladder.

Health to procure by Water.

'Tis alſo ſaid by Dr. *Duncan*, in his *Treatiſe of hot Liquors*, That when Men contented themſelves with Water, *they had more Health and Strength*; and that at this Day thoſe who drink nothing but Water, are more healthy, and live longer than thoſe who drink ſtrong Liquors, *which raiſe the Heat of the Stomach to Exceſs, whereas Water keeps it in a due Temper.* And he adds in another part of the Book, That *by hot Liquor the Blood is inflamed*; and ſuch whoſe Blood is inflamed, live not ſo long as thoſe who are of a coolet Temper; *A hot Blood being commonly the Cauſe of Fluxes, Rheums, ill Digeſtion, Pains in the Limbs, Head-ach, Dimneſs of Sight*, and eſpecially of *Hyſteric Vapours*. He alſo imputes the Cauſe of Ulcers to a hot Blood, and declares, That if Men kept their Blood cool and ſweet, *by a moderate and cooling Diet*, they would never be troubled with Ulcers, or other Breakings-out. Which Coolneſs of the Blood will be well attained to by drinking a large Draught of Water in the Morning, which alſo will carry off the bilious and ſalt Recrements by Urine. And if Water is drank alſo after Dinner, it will cool a hot Stomach, and prevent the riſing of thoſe Fermentations *which cauſe Wind and Belching after Meat*. So that if Perſons who are liable to theſe Diſorders, will leave off ſtrong Liquors and a hot Diet, and drink Water, they will procure better Health to themſelves than they had before.

Some of the good Properties of Water.

Sir *John Floyer* alſo, in his *Treatiſe of Cold Baths*, p. 109. Edit. 5. affirms, That Water-Drinkers are temperate in their Actions, prudent, and ingenious; they live ſafe from thoſe Diſeaſes which affect the Head; ſuch as *Apoplexies, Palſies, Pain, Blindneſs, Deafneſs, Gout, Convulſions, Trembling, Madneſs*; and the drinking of Water cures the *Hiccough, Fœtor of the Mouth, and of the whole Body, it reſiſts Putrefaction, and cools burning Heats and Thirſts, and af-*

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ter Dinner it helps Digestion.—— And if the Virtues of cold Water were seriously considered, all Persons would value it as a great Medicine, in preventing the *Stone*, *Asthma*, and *Hysteric Fits*; *and to the Use of this Children ought to be bred up from their Cradles.* And in *page* 434, he saith, That as Water is in chief the universal Drink of the World—— *so it is the best, and most salubrious.* And in *page* 434. That he hath known where a regular Drinking of Spring-Water hath done considerable Cures, by washing off the *acrid*, *scorbutick Salts* from the Blood, and strengthening the *Coats* and *Fibres* of the Stomach and Bowels, *and hath brought on a good Appetite, and a strong Digestion.* And I add, That it will infallibly do it in all curable Cases.

Cold Water strengthening.

Having read over an old Book written by Sir *Thomas Elliot*, intitled, *The Castle of Health*, he there declared from his own Experience, That in the County of *Cornwall*, tho' it was a very cold Quarter, the poorer Sort, which in his Time did never, or but very seldom drink any other Drinks but Water, were strong of Body, and lived to a very great Age; to which Relation that of Sir *Henry Blount* is very agreeable, who affirmed in his Book *of Travels into the* Levant, (where under the *Turkish* Government the Use of Wine was forbid, *and where the common Drink is Water*) that he then had a better Stomach to his Food, and digested it more kindly than he ever did before or since.

Digestion consider'd.

And in the *Treatise of the Vanity of Philosophy*, written by Dr. *Gideon Harvey*, it is affirmed, That it is not Heat that causeth a good Digestion, *but a proper Ferment, or Liquor provided by Nature*, to dissolve the Food into a Substance like unto Pap made with fine Flour, which dissolvent, he saith, is much depraved by hot spiritous Liquors; and therefore he commends Water above all other Drinks to promote Digestion.

Gout and Hyppochondriac Melancholy.

Water drinking is also said by Dr. *Allen* to be good to prevent two deplorable Distempers, the *Gout* and

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the *Hyppochondriac Melancholy*; For, says he, the *Gout* is generally caused by too great drinking of fermented Liquors, *and is never said to have assaulted any Drinker of Water*; and he saith also, That *Melancholy Hippochondriac is kept off longest by drinking Water instead of strong Drink*. To which let me add, That I once knew a gouty Gentleman, who, to avoid his drinking Companions in *London*, retired to *New-Brentford*, where I then lived; in which Town, by a very temperate Diet of one Meal a Day, and drinking only Water, he lived two whole Years free from Pain: But being visited by one who came that Way, and invited to drink but one Bottle of Claret between them, he fell next Day into a terrible Fit of the *Gout*, which held above a Month after; of which being recovered, he by the same Course continued well till I left the Place, which was about a Year and an half after.

The good Properties of Water are further manifested in preventing *the breeding of Gravel in the Kidneys*; for *Zeebius*, in *Consult* 17. as quoted by *Salmon*, affirms, That nothing so much abates the Heat of the Kidneys, and frees them from those Recrements which cause Pain in the Back, *one great Sign of Gravel*, as Water does; but he adviseth *to drink it warm*. By the Use of which, he saith, the unnatural Heat *in lime* will be so extinguished, that no more of that Matter causing Gravel will be produced in the Body. Which Assertion by Experience I have found to be true; for observing much Gravel to be voided by me, also Abundance of Matter floating in the Urine like Bran, with a great Number of Recrements like Cuttings of Hair, some above an Inch long, *which Substances were found in all the Water that I made in above twelve Months*; for which I could get no Remedy: I was advised to drink Water, which in about half a Year did entirely free me from those Symptoms, which some out of Ignorance imputed to Witchcraft, so that from that Time to this I never have been troubled with it. *Gravel.*

Water

Water also is commended as efficacious to prevent *the breeding of the Stone in the Bladder*, for it hath been observed, that in some who have been cut for the Stone, *that new Stones have been engendred, so that some young Persons have been cut several Times.* Now to prevent this, the drinking Water hath been advised with Success; for by this that intemperate Heat in the Body was abated, which did occasion the Distemper. Some have advised to drink it warm, and others cold, particularly *Van Heydon*, a Physician of *Ghent* in *Flanders*, in his Book entitled, *Help for the Rich and Poor*; which, he saith, in *p.* 49. is sufficiently insinuated by *Piso* and *Alexander*, who assure us, That the taking a Draught of cold Water in the Morning, hath done so much Good, that several after the voiding of a Stone, never had any more Stones grew in them.

Stone in the Bladder.

Stone to dissolve.

Which Experiment may give Light to the Discovery of a way to cure the Stone without Cutting; for if the growing of new Stones can be prevented by drinking Water, let it be hot or cold, *it may prevent a Stone from growing bigger when begun*; and if the adding Matter to increase a Stone new begun, can be prevented, Nature in Time may waste that which is begun, especially if some Drops *of sweet Spirit of Nitre* be added to all the Water drank, which will powerfully help to cool, and is known to be an admirable Mover or Provoker of Urine, *and will waste a Stone, and make it crumble like Fuller's Earth, if applied to a Stone taken from the Body.* Or the Water may be sweetned with Honey, which is now much in Use among the Gentry, *as I am inform'd by an an ingenious Apothecary*; who told me, that among them at present, Pump-water and Honey are in great Repute to give Ease in Gravel: And there is so near an Affinity between Gravel and the Stone, that what is proper for one, will doubtless be suitable for the other, and will prevent the Growth of both.

Beneficial in Child-bearing.

Water is also styl'd in *Senertus*'s Works, The Balsam of Children, the drinking of it by the Mother

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being one of those Things whereby Children will be strengthened in the Womb, and will prevent those Injuries that are done them by Womens drinking strong Liquors; which *Sampson*'s Mother was not allowed to do, for she was commanded *not to drink Wine or strong Drink*, Judg. xiii. 4. But I will not say, If all Women should do this, their Children shall be as strong as *Sampson* was, yet this I will say, If they would do this, they would find their Children more free from Distempers and Frowardness, and so much more easy to nurse and bring up, and be less liable to an immature Death; the want of which Abstinence from strong Drinks, is the Cause why so many rich People find it hard to bring up Children, in Comparison to what is done by the Poor; For these last are born of Mothers who not only are prevented from being Gluttons by their want of *Dainties, which are deceitful Meat*, Prov. xxiii. 3. But they seldom taste Wine or strong Drink; whereas the Rich not only feed high, but also drink strong Drinks, which in most Constitutions do over-heat and corrupt the Humours of the Body, and that Blood by which their Children are nourished during their Pregnancy. Which Injury to unborn Infants would be prevented, if the Mother would be temperate in Diet, and drink Water especially at Meals, by which the Blood of the Mother would be kept cool and clean; which must needs communicate a healthful Substance to the Child within her, and prevent all those Distempers which Infants bring with them into the World.

Increases Milk in Women.

And here it may be proper to add, *what by divers Experiments it hath been found to be true*, That the drinking Water by Nurses while they gave Suck to Children, will wonderfully increase Milk in those that want it, *as every one will find*, who can be perswaded to make Use thereof. I have advised many to use it, who have found that by drinking a large Draught of Water at Bed-time, they have been supplied with Milk sufficient for that Night, when before they wanted it, and could not be supplied by any

other Means: And beſides, they who have found their Children reſtleſs, by reaſon of too much Heat in their Milk, do find them much more quiet after their Milk is cooled by Water-drinking.

Stays Hunger and prevents Starving.

By drinking Water alſo, *the Want of Food for a Time may be ſuffered without ſtarving*; for I have been informed by a credible Friend, who was an Officer at Sea, that being ſent down to *Stafford* to ſee ſome Men conveyed on Shipboard, that had been preſſed by *Act of Parliament* for the Sea-ſervice; he found in the Priſon where they were kept, a luſty Fellow, who had declared, he would ſtarve himſelf rather than go to Sea, and taking particular Notice thereof, he found upon due Enquiry, that for twenty Days, he had refuſed to eat any Manner of Food, only he drank each Day about three Pints or two Quarts of Water, hoping thereby to get himſelf diſcharged: But when he found his Pretenſions to be in vain, and that in or about two Days they ſhould all march for *London*, he condeſcended to eat ſome Food, beginning with a little, and in the March he was obſerved to travel as well as the beſt Man. I find alſo an Account in Dr. *Car*'s *Letters* of a certain crack-brain'd Perſon, who at *Leyden*, when the Doctor reſided in that Univerſity, *pretended he could faſt as long as Chriſt did*; and it was found he held out the Time of Forty Days without eating any Food, *only he drank Water, and ſmoaked Tobacco*. And I once had a ſad Complaint from a poor old Woman of the Greatneſs of her Want, affirming, that oftentimes *ſhe had not eaten any Food for two or three Days*; upon which I asked her, If ſhe did not then ſuffer much Uneaſineſs in her Stomach? She ſaid ſhe did; but found a Way at laſt to aſſwage her Hunger by drinking Water, which ſatisfied her Appetite.

Strengthens weak Children.

Water is alſo of great Uſe to ſtrengthen weak Children; for we are informed by Dr. *Joſeph Browne*, in his *Treatiſe of Cures performed by Cold Baths*, That the *Welſh* Women do preſerve their Children from the *Rickets*, by waſhing them Night and Morning in

cold

cold Water, till they are three Quarters of a Year old, *p.* 79. And 'tis said by Sir *John Floyer*, in his *Treatise of Cold Baths*, That a Lady in *Scotland*, who had lost several Children thro' Weakness, did, by the Advice of a *Highland* Beggar Woman, preserve those she had afterwards, by washing them daily in cold Water. And I my self advised a Neighbour, whose Child began to be Ricketty, to treat the Child in the same Manner; but she, instead of washing, dipped it over Head and Ears every Morning, *it being then in the Summer-time*: The Event of which was, the Child became strong, and had a good Countenance, tho' before it was very pale and wan. Which shews how great the Power of Water is, when used outwardly, to invigorate the Spirits, and strengthen Nature.

Swellings from Bruises.

It is also a known Custom, *to prevent the Swellings* that follow *Bruises in the Feet of Children*, by immediately applying thereunto a Linen Cloth four or six times double, dipped in cold Water, *and new dipped as it begins to grow warm*; for the Cold repels or prevents the flowing of Humours to the Part, which otherwise would cause great Swelling, and after turn blackish: And if upon neglecting to do so, a Swelling should succeed, it may be discussed by fomenting Night and Morning, for an Hour at a Time, with Water as hot as can be endured; for that will give Vent to the Humours to transpire through the Skin, or dissolve them, so as to make them capable of returning back.

All Sickness at the Stomach to cure.

Moreover, by Means of Water all Sickness at the Stomach may be cured, which is done thus: Take four Quarts of Water, make it as hot over the Fire as you can drink it; of which Water let a Quart be taken down at several Draughts; *then wrap a Rag round a small Piece of Stick, till it is about the Bigness of a Man's Thumb*, tie it fast with some Thread; and with this, by endeavouring gently to put it a little way down your Throat, provoke your self to vomit up again most of the Water, then drink another Quart, and vomit up that, and repeat the same the third and fourth

Time, if once or twice is not ſufficient. You may alſo provoke Vomiting by tickling your Throat with your Finger, or the Feather-end of a Gooſe Quill; *but the Cloth round a Skewer maketh one vomit with more Eaſe*, which is done with no Trouble when the Stomach is full. And by this way of Vomiting, which *will be all performed in an Hour's Time*, that viſcous and ropy Phlegm in the Stomach, which cauſeth the Sickneſs, will be caſt up, ſo that the Party in that Time will be free from all that inward Diſturbance, *if you uſe the Remedy at firſt*; but if the Sickneſs hath continued for a Time, it will require the ſame Courſe *once or twice more*, which may be done in three or four Hours, one after another, without any other Inconvenience, *beſides that of being a little ſore in the Breaſt the next Day, which will ſoon go off by the Force of Nature*. Which Remedy, by forty Years Experience, I look upon to be infallible *in all Sickneſs at the Stomach, from what Cauſe ſoever, and for all Pains in the Belly which ſeem to be above the Navel*; for theſe are all in the Stomach, as by long Experience I have found; Which Pains are generally counted the *Cholick*; *but it is not ſo*; for true *Cholicks* are always below the Navel, in the Gut *Colon*. And by this Means I have eaſed very great Pains cauſed *by eating Muſſels that were poiſonous*; and it is alſo a certain Cure for all *Surfeits* or Diſorders that follow after much eating; ſo that the Lives of Multitudes might be ſaved by this Means, who for want of expelling what offends, often die in Miſery: For by thus cleanſing the Stomach at the firſt, the Root of Diſeaſes proceeding from *Surfeiting*, or unwholſom Food, or any viſcous Humours from a bad Digeſtion, are prevented; *the Stomach being the Place in which all Diſtempers at firſt begin*. No Man was more ſubject to Sickneſs than my ſelf *before thirty Years of Age*; but ſince I found out the way of vomiting with Water, *which is now above forty Years*, I never have been ſick for two Days together: For when I find my ſelf ill to any great Degree, I betake my ſelf to this

way of Vomiting, *which in an Hour's Time reſtores me to Eaſe, and perfectly removes my Illneſs*; and the ſame Benefit all my Family find in it, as do others alſo whom I can perſuade to try the Experiment; which is ſuch, *that no Phyſician whatever can adviſe a better to the King himſelf, ſhould he fall ſick.* For, in the firſt Place, 'tis not a nauſeous Remedy, it does not make the Patient ſick, as the beſt of all other Vomits do; and then 'tis a Vomit which is at our own Command, ſince we can leave off when we pleaſe: *And it infallibly works a Cure to all ſick Stomachs, from whatever Cauſe.*

Some few indeed pretend they are not able to vomit by this Means: Now, if they cannot vomit, let them take a Pint of Water when they find themſelves ill from eating, and do ſo every three or four Hours, *eating no more till they are hungry*; and they will find the Water digeſt and carry off what was offenſive. The ingenious Dr. *Cheyne*, in his *Treatiſe of Gout*, affirms, That warm Water drank freely in a Morning faſting, and at Meals, *(and I ſay cold Water is as good)* hath a ſovereign Remedy *for reſtoring loſt Appetites, and ſtrengthening weak Digeſtions when other more pompous Medicines have failed.* And he adviſeth gouty Perſons, after Exceſs either in Meat or Drink, *to ſwill down as much fair Water as their Stomach will bear*, before they go to Bed, whereby they will reap theſe Advantages, *either the Contents of the Stomach will be thrown up*, or both Meat and Drink will be much diluted, *and the Labour and Expence of Spirits in Digeſtion much ſaved*, p. 44. Ed. 4. And indeed I have found by long Experience, that nothing cauſeth ſo good a Digeſtion as fair Water; but this requires Time to free us from the Uneaſineſs that an ill Digeſtion cauſeth, *whereas Vomiting is an immediate Remedy*, and frees a Man from it upon the Spot. *Digeſtion to cauſe.*

We are told by Sir *John Floyer*, in his *Treatiſe of Bath and Mineral Springs*, That vomiting with Water is very uſeful *in the Gout, Sciatica, Wind, Shortneſs* *Other Benefits of Vomiting with Water.*

neſs of Breath, Hyppochondriac Melancholy, and Falling-Sickneſs; which Diſtempers are generally derived from evil Matter contained in the Stomach, as is likewiſe *Giddineſs in the Head, and Apoplexies*, with which my ſelf once ſeemed to be threatned; for after eating a plentiful Dinner, I was ſeized with Giddineſs, and the Sight of my Eyes became ſo depraved, that Things ſeemed double, which was accompanied with a ſtrange Conſternation of Spirit; and having read, That *Apoplexies generally ſeize after Eating*, I immediately called for Water, and not daring to ſtay till it was warmed, I drank it cold, and by the Help of my Finger provoked Vomiting: Upon which I did immediately overcome the Evils *I was threatned with*, the Symptoms before mentioned being the ſame *as did precede the Fit of an Apoplexy in another Perſon*, as himſelf afterwards told me, who died of it the third Fit, about a Year after.

Shortneſs of Breath. As for People who are troubled with *Shortneſs of Breath*, 'tis certain from Experience, that vomiting with warm Water three or four Times, will afford certain Relief. *And the ſame may be prevented by drinking nothing but Water afterwards, either cold or warmed with a Toſt*: For upon doing this, the Difficulty of Breathing will apparently abate; which Water, if you pleaſe, may be boiled with Honey. And I knew one, who by this Means, *as he was adviſed by me*, lived comfortably in this City two or three Winters, but having undertaken Buſineſs which did occaſion drinking ſtrong Drinks, was the next Winter carried off by the Diſtemper: *Wine, Ale*, or *Brandy*, being as bad as Poiſon to People troubled with Shortneſs of Breath. So that nothing but Water ought to be drunk in that Diſtemper.

Vomiting to cure. Some People are taken with *violent Vomiting*, and the Exceſs thereof in ſome hath been ſo great, as to endanger their Lives, yea, *cauſe Death*: In which Caſe Water will be very helpful; for if a Pint of it warmed be drank after every Vomit, *it will prevent that violent Straining, wherein lieth the Danger of*

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all Vomiting, becauſe to ſtrain violently, when but little will come up, *endangers the breaking of ſome inward Veſſel.* And beſides this, the offending Matter will be ſooner looſned from the internal Part of *the Stomach*, and caſt out, upon which, the Vomiting will ſooner ceaſe: For after this Manner the famous *Sydenham*, a moſt honeſt Writer, did overcome the *Cholera Morbus*, or Vomiting and Looſneſs, ſo common in his Time, and was found by the weekly Bill *to kill more than now die of Convulſions*; for his Way was to boil a Chicken in four Gallons of Water, which made a Broth not much differing from Water, of which he ordered large Draughts to be given, and ſome of it to be taken by Clyſter, till the whole Quantity was ſpent, *if the Vomiting did not ſtop before*; which did ſo take off the Sharpneſs of the Matter offending, and waſh it out, that the Party in a little Time became well. And the ſame was the Practiſe of *Sigiſmundus Graſius*, who commends pure Water in a Vomiting and Looſneſs *to be drank in large Quantities*; for thereby, he ſaith, the corroſive and ſharp Humours will be ſo weakned, that they will no more offend: And he ſaith, it may be drank cold, if the Patient be ſtrong, otherwiſe let it be warmed.

And in *common Fluxes* without Vomiting, a Quart or more of warm Water drank, will ſo weaken the Sharpneſs whereby the Diſtemper is cauſed, that it will ſoon be overcome, and the Gripings eaſed; and in the *Bloody Flux*, which is the moſt dangerous of all Fluxes, the ingenious *Cornelius Celſus* adviſeth a large drinking of cold Water as the beſt of Remedies: *But then no other Subſtance muſt be taken till the Diſeaſe is cured.* And *Luſitanus*, another great Phyſician, affirms, *Cent.* 1. *Obſer.* 46. That he knew one, who, being in the Summer-time afflicted with the *Bloody-Flux*, drank a large Quantity of cold Water, and thereby recover'd. This large Quantity of Water in theſe Fluxes, doth ſo correct the Sharpneſs of the Humour offending, that it can have no Power

Fluxes.

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to cause Pain, or corrode the Vessels, and cause bloody Digestions or Stools.

Consumptions. Water also is a Drink that conduceth above all Things to cure *Consumptive People*, for the Digestion being weakned, is the Cause of producing a hot fretting Nourishment, which is injurious to the tender Substance of the Lungs, and which constringes and stops up the Lymphatick Vessels thro' which the Nourishment is to pass to all the Parts, so that by Degrees *the Body for want of due Supplies consumes*: Which Obstructions, and that Acrimony which causeth them, will be opened and sweetned by the plentiful Use of Water, *if taken before the Lungs become ulcerous*. Which Cure of Consumptions by Water is recommended in the Writings of Dr. *Couch*, who in his *Praxis Catholica*, tells us, *That he knew a Man cured very soon of a Consumption by drinking pure Water*. And 'tis said by another, That some have been cured of *Consumptions* by drinking no other Drink but Water, *avoiding all Malt Liquors, and sharp Wines*: For Wine or any other strong Liquor is pernicious in this Distemper, whose Original is affirmed by Dr. *Coward* to be always in the Stomach, from some Intemperance, in Meat or Drink.

Flushes in the Face. Some there are who are much troubled with *flushing Heat* in the Face, and others *with a Heat in the Back*; in both which Cases, Water used as common Drink, is the best Remedy, *with a spare cooling Diet*: And 'tis also excellent for such as have *Red Blotches in their Face*, which proceeds from a hot fretting Blood, which by Water-drinking and a moderate Diet, will be kept under: For as Dr. *Duncan*, before quoted, doth affirm, *Those who keep their Blood cool and clean, are never troubled with Breakings out*, like many others, who may be known to be Drinkers of hot Drinks, and to use a hot full Diet, by their Faces being full of Blotches.

Cholick. Water is also commended by the Learned for the *Cholick*; large drinking of Water hath been found to be an excellent Remedy. And 'tis said by *Fortis*,

That

That when he practiſed at *Venice*, he often gave cold Water in the *Cholick*, with good Succeſs. With whom an *Engliſh* Phyſician, Dr. *Wainwright*, in his *Mechanical Account of the ſix Non-naturals*, concurrs; for he ſaith, *That Water-drinkers are never troubled with the Cholick*, and that many thereby have been cured, when all other Remedies failed: But in this Caſe a Quart at leaſt is required.

Small-Pox.

And in the *Small-Pox*, Water hath alſo been proved to be an excellent Drink. *Salmon* in his *Synopſis Medicinæ*, ſaith, That in this Diſtemper you may ſafely give the Sick fair Water, of which, *ſays he*, they may drink liberally to quench Thirſt; *the Want of which Plenty of Drink, hath been the Death of many a Patient.* Which Opinion of his was right, as by Experience I have found in two of my own Children, when ſick of this Diſtemper; to whom, after I had given a gentle Vomit of *Emetick Tartar*, I gave no other Drink but Water, and they both recovered ſafely, and were not in the leaſt Light-headed, as two others before were in the ſame Diſtemper, when treated otherwiſe: And I remember that one Dr. *Betts* being conſulted in a Caſe where the Eruption did not come out kindly, ordered *two Quarts of cold Water* to be drank aſſoon as could be; upon which they came out according to Expectation; and the Party did well.

Burning Fevers.

'Tis alſo certain, That in what we call *Burning Fevers*, Water is found to be a ſafe and effectual Remedy. It is ſaid by Dr. *Primroſe*, in his *Popular Errors*, That many great Phyſicians *have commended the drinking cold Water in Diſeaſes, and they attribute to it the chief Place in Fevers*, where the Sick muſt drink largely; for thus taken, *it will quench all Heat*, p. 374. And *Galen* is ſaid by an *Engliſh* Author, to reprove *Craſiſtratus* for denying cold Water in *Burning Fevers*; and ſays, That this is a Remedy for any *Fever, provided it be drank in great Abundance.* With which Opinion I find Dr. *Oliver* to agree, who, in his *Eſſay on Fevers*, ſays, *That in* Fevers *we muſt*

drink oftner than Thirſt calls for it, and ſuch Draughts as are plentiful; and the Drink he preſcribes, is either cold *Water* or *Barley-Water*. Dr. *Wainwright* affirms alſo, That *Water* is proper in *Fevers, and that the Ancients gave as much of it as the Patient could drink.* And by another 'tis ſaid, That if you give the Patient nothing but *Water for three Days*, that in the third Day the *Fever* will be cured generally; but if it is not, give for Food a little Barley-Broth, and the *Fever* will not exceed the ſeventh Day. And by another we are informed, How one in a *Fever, that was paſt Hope*, being forbidden to drink *Water*, which he greatly deſired, did find Means, *in the Abſence of his Nurſe*, to get a large Pot-full, which he drank off, and lay down again, being well cooled; *after which he fell into a Sweat*, and ſo was cured. Dr. *Cook* of *Warwick*, in his *Book of Obſervations on Engliſh Bodies*, preſcribes *for the Cure of Fevers*, firſt a *Vomit*, and afterwards *as much cold Water as the Patient can drink*; and he ſaith, *that if he ſweat upon it, the Sweat muſt be continued as long as can be.* And 'tis ſaid by another, That *it is an excellent Remedy in* Fevers *to drink a Quart of hot Water, and ſweat upon it, being covered warm.* Dr. *Quinton*, in his *Book of Obſervations*, writes, That to one in a *malignant Fever*, whoſe Pulſe was ſo low it could ſcarcely be felt, there were three Quarts of Water given, at ſeveral Draughts *to make him vomit*; but it did not operate that way, yet the Event was this: *It refreſhed him much, raiſed his Pulſe, brought him into a breathing Sweat, and paſſed off by Urine*; which Lowneſs of the Pulſe, I have often found to be raiſed in other Caſes, by drinking Water plentifully. And I know a Woman, who, tho' ſhe in a *Fever*, had the Advice of two Doctors, yet became diſtracted: I bid the Nurſe give her a Pint of cold Water, which ſhe drank up, *and in three or four Minutes came to her right Senſes; and deſiring to drink more, ſhe recovered.* And I have obſerved, That when in *Fevers*, the Patient can reliſh no other Drink, *yet Water is always*

always drank with Pleaſure, as it alſo will always be after the eating of ſweet Things, that ſpoil the Reliſh of other Drinks; which is one Excellence peculiar to Water, and ſhews it to be moſt agreeable to the Nature of Mankind, tho' now ſo much ſlighted. And beſides this, it is a Drink that will not turn ſour in the Stomach, as all fermented Drinks will do, to the Increaſe of Diſtempers already begun there; by Acidity or Sourneſs.

And as for the *Gout*, which Dr. *Harris* ſaith, in his *Anti-Empiric*, is gotten either *by high Feeding, or drinking much Wine, or other ſtrong Drink*; it may be cured, as that Author affirms, *by a very ſpare Diet, and drinking Water*: According to what is ſaid alſo by Sir *Theodore Maybern*, who, in his *Medicinal Counſels*, adviſeth *to leave off all ſtrong Drinks in this Diſeaſe, and drink only Water*. And *Van Heydon* ſaith alſo, in his *Treatiſe of Help for the Rich and Poor*, that there is not any greater Remedy for the Gout *than drinking Water*, not only by *young*, but *old Men*; many of whom, he ſaith, have drank cold Water for many Weeks, *which hath ſucceeded ſo well, though they were far gone in Years, that they found great Eaſe thereby*, without that Offence to the Stomach, or Hindrance of Digeſtion, which ſome did not ſeem to fear. And he alſo commends the large drinking of Water in the *Sciatica* or *Hip-Gout*, he having often cured this Diſtemper, by this Means, in leſs Time than could reaſonably be expected; and the ſame I have found to be effectual in a Pain in the Shoulder, which had continued very bad for three Months. For, being taken with a Fever, I drank in one Day about four Quarts of Water; which though it did not make me ſweat, *becauſe I lay not in my Bed*, yet it cured me ſo that I ſlept well that Night; and in the Morning when I roſe, the Pain in my Shoulder was not felt, *neither did it ever return*. And the ſame Succeſs I have had in the Pains of other Parts, whereby I judge, that in all *Pains whatever, the drinking of Water is proper, as well as in the Gout*; and *Gout.*

and accordingly I find cold Water adviſed to be drank largely for the Cure of the *Head-ach from hard Drinking*; that Pain proceeding from the ſame Cauſe the *Gout* does, namely, from Heat, *as all Pains do*, that are not from Bruiſes.

Inflammatory Diſtempers, and Wind.

It is ſaid alſo by Dr. *Wainwright*, That in the *Itch*, *Scurvey*, *Leproſy*, and in all hot *inflammatory Diſtempers*, ſuch as *Pleuriſies*, *Rheumatiſms*, and St. *Anthony's-Fire*, Water is a proper Remedy; but he adviſeth to drink it hot in ſome Caſes, *as doubtleſs it ought to be done in* Pleuriſies. He alſo ſaith, That Water is proper in *Head-aches*, *Catarrhs*, *Vapours*, *Falling-Sickneſs*, *Dullneſs of Sight*, *Melancholy*, *Shortneſs of Breath*, *Scurvey in the Mouth*, *and Windineſs in the Stomach*: And, for this Wind, in the Stomach, I, by long Experience, have found it the beſt Remedy, who in the former Part of my Life *through a diſorderly Diet*, *and drinking ſtrong Drink like others*, was never free from *windy Belchings*, and ſometimes very ſickiſh Qualms after Meals, from which at length I was delivered, *by drinking only Water at Meals*, ſo that for above forty Years I have been ſeldom troubled: And if I find my ſelf troubled, a Pint or more of cold Water, in leſs than half an Hour, will ſet me free, by drinking of it.

Hard Drinking.

And that Water is the beſt Remedy for the Miſchiefs that come by *hard Drinking*, Experience teacheth; there being nothing that ſo effectually frees *from theſe nauſeating and reaching Qualms the next Morning*, as the drinking a Pint or more of fair Water; which effectually allays the Inflammation of the Bowels, occaſioned by ſtrong or hot Drink, which ſpoils the Strength of the Stomach, and of all other Parts; nothing being a greater Enemy to the Vigour of the Nerves and Sinews, *ſince by much Drinking*, *Men make themſelves unable to ſtand or go*; which Effect would never follow, if Liquors that abound with Spirits, *were ſtrengthening*; nor would the Fibres of the Stomach be ſo weakned after drinking ſtrong Drinks, as to make Men ſick; which Sickneſs will

ſooneſt

ſooneſt be recovered by the drinking cold Water, this being alſo the beſt Remedy, if taken largely, for that *Heat of Urine* often occaſioned by Hard-drinking.

Colds and bad Digeſtion.

In *Colds*, Water is the beſt of all Drinks to prevent Floods of Rheum from the Noſe and Mouth, as my long Experience teſtifies, and therefore will *prevent Coughs*; for a Cough will ſeldom ſucceed a Cold, *if Water is uſed from the firſt as common Drink:* And if, through Neglect, a Cough ſhould become troubleſome, the Uſe of Water, *avoiding all Wine and ſtrong Drink*, will contribute much to the Cure. Some order the Water to be drank warm, but others ſay, *That the drinking it cold vaſtly excells the uſing of hot in a Cough.* 'Tis ſaid by *Van Heydon*, That ſome may think it ſtrange to adviſe Water in ſuch Diſeaſes, which moſt account to proceed from *Crudity* or *Indigeſtion*; but he ſays, That in any Diſeaſe where the Caſe is dangerous, *The Uſe of Water is the only Friend to Nature*; cold being a Preventer *rather than a Cauſe of Crudity, ſince by all Experience it is proved to be a Promoter of a good Digeſtion:* And at this Time I know a Woman, Seventy-eight Years of Age, who for ten Years paſt hath had a great Cough, and ſpit much tough Phlegm, that this preſent Winter 1722. hath been perſuaded to leave off both ſtrong and ſmall fermented Liquor, and drink only Water at Meals, and ſometimes a Diſh or two of Tea; and hath found herſelf much leſs ſubject to cough than before, and ſcarce coughs at all in Bed, tho' ſubject before to cough very much in the Night; ſhe alſo drinks at Bed-time half a Pint of cold Water, and the ſame Quantity firſt in the Morning, and finds more Comfort by it at ſo great an Age, than Wine hath at any Time afforded. *Moreover, drinking of Water is a certain Cure for the Heart-burning*; as ſome affirm.

Heart-burn.

Strong Drinks hurtful to Children.

It is generally the Opinion of moſt Phyſicians, *That Wine and ſtrong Drinks are not proper for Children*, and that the ſmaller and cooler their Drink is, the better it will be with them; and that nothing conduceth

ceth more to the Health of Children *than drinking Water*, which will prevent the Foundation of thoſe Diſeaſes that are cauſed in many by Strong-Drink, and ſhew themſelves in their more advanced Age, wherein many alſo ſuffer much by the Mother's ill Cuſtom of making them Gluttons, by conſtantly cramming their Stomachs with Food, many being thereby deſtroyed among the Children of the Rich, before they come to the Years of Maturity; when the Children of poor Country People, who fare hard, ſtand their Ground till full grown: For fewer Children die in the Country than in great Cities, where Luxury in Diet doth more abound; *which is one Reaſon why ſo few Houſe-keepers in* London *were born in it*, the great Supply of Inhabitants being from the Country, Children being brought up more hardy there than in *London*, where great Numbers are killed *by over-eating or pleaſing their Palates*. Which Miſchief would be in a great Meaſure prevented by their being accuſtomed to eat leſs, and drink Water; this by Experience being found to make young Children free from that Frowardneſs, which is commonly cauſed by a ſharp, and hot, or feveriſh Blood, *which engendereth Wind, and cauſeth Pain and Gripes*: For there is no Pain but is the Conſequence of Heat, or inward as well as outward Inflammations.

Fair Water equal to that at Tunbridge

To what hath been ſaid may be added this Conſideration, *That when the beſt Phyſicians are baffled by ſome Diſtempers*, they adviſe their Patients to uſe the Water of ſome Mineral Spring, tacitly *acknowledging thereby, that all their Preſcriptions may be excelled by Water*. They pretend, indeed, to aſcribe its Effects to ſome Minerals with which the Waters are tinctured: But Dr. *Baynard*, in *p.* 438. of Sir *John Floyer's Cold Bathing*, tells of a certain Perſon who uſed to frequent *Tunbridge*, by which he found much Benefit; but being hindred from going thither one Seaſon, drank the ſame Quantity of Water taken from the Pump of a Spring in his own Yard, which did him

him as much Service: Whereupon he wrote thus upon his Pump:

Steal is a Cheat;
'Tis Water does the Feat.

And, indeed, if we conſider how many Diſeaſes and Pains proceed from a fizey, thick Blood, which cannot paſs as it ought to do through the fineſt Pipes that convey the Blood to the Parts, pure Water, without Minerals, drank to the Quantity of a Quart or three Pints in a Morning, will attenuate or thin the Blood ſufficiently: Nothing, as *Boerhaave* affirms, being a greater Diluter of thick Blood, *than warm Water drank in great Quantity*. Which to thin the Blood may be beſt, tho' to ſtrengthen the Stomach 'tis beſt drank cold; having the ſame Effect inwardly, in ſome Caſes, as Cold Bathing hath outwardly; its Uſe this Way being alſo great. For,

Water, I have found by long Experience, to be of excellent Uſe *in Burns and Scalds*; for in all *Burns* and *Scalds*, that are ſlight, if the Part is plunged immediately into cold Water, *the colder the better*, the Pain will inſtantly be taken off; and it will fetch out the Fire, if continued ſo long, *as will be required to do it by any other Remedy*. And if the Burn be ſo conſiderable, that other Remedies muſt be applied, none of which will take off the Smart of themſelves *in leſs than two or three Hours*; yet if you apply cold Water preſently, after other Applications are made to the Part, *the Pain will immediately ceaſe*, till the Remedy becomes effectual: So that the Eaſe Water will give in ſuch Caſes, makes it of good Uſe. Which Remedy *as it hath not been diſcovered till now*, appears to tranſcend all other Remedies in this Caſe; *becauſe, in a Moment, the greateſt Smart will be eaſed, if the Water is cold*, and will be felt no more, if the Part afflicted be kept immerſed in it till the Fire is extinguiſhed, either by the Water, or the Medicine applied. Beſides, *it is a Remedy every where ready at hand*, which cannot be ſaid of any other; *Burns and Scalds.*

other; which generally, requires so much Time to get it ready, that much Pain will be endured, if Blisters do not arise, which do much increase the Trouble. *If the Part burnt, or scalded cannot be dipped in Water*, you may apply Water to it, with double Linen Cloths dipped therein, *and new dipped as they grew warm*; by which Means I have cured Burns and Scalds in the Face without Blistering, when applied immediately before Blisters did arise.

Ulcers from Burnings. I once knew *a large Ulcer in the Foot*, made by the running of melted Brass into the Shoe, that was kept in hand by a *Surgeon* nine Weeks, without any Probability of Healing, *because of the great Inflammation that attended it*; but the Party being a Lover of Angling, was persuaded to go with some others to *Hackney-River*: Some of them went bare-legged into the Water, to come at a certain Hole where much Fish was sometimes found. The Sport was so good, that the lame Man having pulled off his Stockings and Plaisters, went in also, *where he staid above two Hours*, and coming out again, the *Ulcer* which appeared very red and angry when he went in, look'd pale; *he put on his Dressings*, and came home, and in less than a Fortnight his Ulcers healed up; which doubtless was occasioned *by the abating of the Inflammation by the Coldness of the Water*. And I have had an Account also from an Acquaintance, that was a Surgeon to a Merchant-Ship, that their Gunner, at a Time, when the Captain treated some Friends on Board, going to charge a Gun that just before had been fired off, the Cartridge he was ramming down took Fire, whereby he was blown into the Water, *and had some of his Fingers torn off*, and it was about an Hour before a Boat could be got to take him up: But they found that the Coldness of the Water had almost stopt the Bleeding, and the Cure was effected so speedily, that other Surgeons wondred at it; which he imputed to the Water, *which kept back the Humours, by its Coldness, from flowing to the Part at the first*: So that there was no Impediment, from Inflammation,

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to hinder healing; *for the chief Impediment to healing, is Inflammation in Wounds or Ulcers.* Moreover, to bathe with cold Water, is affirmed by Dr. *Lower* to be a ſoveraign Remedy for any hot Swellings; if continued a due Time, at the firſt Beginning, and it is affirmed alſo to be a good Cure for the Cramp. *Hot Swellings.*

And as for *Strains and Sprains* in the Joints, cold Water affords the beſt and moſt ſpeedy Remedy, as *Van Heydon* affirms; who ſaith, That by bathing in cold Water all Harm ſo received, may by this Remedy, be cured more ſafely and more ſpeedily than by any other, without Loſs of Time, Coſt, or Trouble; for no more is to be done, as I have often found, than, aſſoon as can be, *to put the Part into a Veſſel of cold Water for about two Hours*, which will prevent all Swelling and Pain, *by repelling or keeping back the Humours that otherwiſe would flow to the Part.* And if it ſhould be the Shoulder, or any other Part, which is ſo hurt, that cannot well be immerſed in Water after this Manner, Water may be apply'd, by dipping Towels *folded up* into it, and laying them to the Part, as is done, in Effect, to the wrenched Joints of Horſes, about which, if you wind oftentimes a thick Rope made of Hay, and then caſt upon it divers Times a Pail of cold Water, the Wrench will be cured; which Experiment is now commonly practiſed by thoſe concerned about Horſes. *Sprains and hot Swellings.* *Sprains in Horſes.*

Bathing in cold Water hath alſo been found to be a good Remedy *to ſtrengthen Weakneſs in the Joints*, as Sir *John Floyer*, in his Treatiſe of *Cold Bathing*, hath ſhewed; and which by Experience I found to be true in a certain Woman, who complained of great Weakneſs and Pain in her Ancles: I adviſed her to dip the Part in cold Water every Morning for a Quarter of an Hour, and do the ſame at Night; and in about twenty Days ſhe became as ſtrong in that Part as ſhe was in the other. And Sir *John* tells us of a Boy who could not ſtand, his Limbs were ſo weak, that by ba- *Weakneſs of the Joints.*

thing in cold Water, perfectly recovered his Strength in a little Time.

Pain in the Head.

Great *Pain in the Head* hath been also cured by this Means; for we are told by *Van Heydon*, That Sir *Toby Matthews* had for twenty Years been troubled with great Pain in one Side of his Head, and a great Defluxion of Rheum from his Nose; but he at last was cured, by applying cold Water to the Part every Day for about a Quarter of an Hour: *Upon reading of which, I tried the Experiment upon my self,* who for a long Time had been troubled with the running of much clear Water from my Nose, with great spitting of thin Rheum: For *I let a Water-Cock run upon the Mould of my Head every Morning*, by which, in about six Weeks Time, I was eased of my Trouble. And since that I had a credible Information of a certain Servant-Maid, who was afflicted greatly with a *Rheumatism*, and an intolerable *Pain in the Head*, who being put into St. *Thomas*'s Hospital, her Nurse was ordered by the Doctor to apply to her Head, Towels four times double, dipped in cold Water, changing them as they became warm, which she was to continue doing four or five Hours; in which Time she was freed from that Pain in the Head, and was afterwards cured of the *Rheumatism* by other Means.

Want of Sleep in Fevers.

The *Want of Sleep in Fevers* may be cured likewise by the Application of cold Water: For to a near Relation in a *Fever*, who could not sleep for three Days and three Nights, I ordered a Towel to be several Times folded up, then to be dipped in Water, and a little wrung out, *and so laid upon her Forehead, and to be new dipped as it grew hot*; which in about two Hours time so cooled her Head, that she fell into a sleep, and continued in it five Hours: And I ordered the same to be done the next Night, with the same Success. Dr. *Cockburn*, in his Treatise of *Sea Diseases*, orders for the Want of Sleep in Fevers, to dip a Towel, four times doubled in *Oxycrat*, which is six Parts Water, and one part Vinegar, to be bound about the Head and Temples; which, he saith will

cause

cause Sleep with wonderful Success. But cold Water only will have the same Effect, as I often have proved.

And that the Use of cold Water *in Swooning*, is of great Effect, common Experience teacheth: For *if a Dish or Cup of cold Water is thrown strongly upon the Face*, the Person in an Instant will recover, tho' for a Time he seemeth dead, and perhaps might not have recovered in some Cases, if cold Water had not been so applied; such Faintings being sometimes deadly, which proceed from poysonous Vapours ascending up to the Brain from a foul Stomach; for such Effects there are, as I have found by Experience, who in my young Days did swoon away twice; *at both which Times I was sensible of a Collection of Wind in my Stomach*, from whence I plainly felt a Fume or Vapour ascend to the Head, *that in an Instant deprived me of all Sense*: But being both Times in the Company of a Person who had seen the Thing tried, he dashed some cold Water against my Face, *which I remember made me start, as if I had been suddenly awaked*. And I am apt to think, that some die in such a Fit, when none are near to help them; and especially when so taken in their Sleep, *which I believe none need fear, who live temperately, or that eat no Suppers*; none who have refrained from Suppers, having been ever found to die in their Sleep. *Swoonings.*

Dangerous *Bleedings at the Nose* have also been cured with cold Water largely drank, syringing cold Water up their Nostrils, and applying Towels round their Necks dipt in cold Water, changing them as they grow warm; for 'tis said by a good Writer, That this will so cool the Heat of the Blood, and by the Coldness of the Water syringed up the Nose, so contract the Mouths of the Veins which bleed, that it will put a Stop to the Bleeding. Such Bleedings have also been stopt *by dashing cold Water often into the Face*, as a *French* Writer hath affirmed, whose Name was *Flamand*; and the same also is asserted by *Cook*, in his *Marrow of Surgery*. *Bleedings at the Nose.*

Small Cuts. Cold Water is an absolute Cure for all *small Cuts in the Fingers, or other Parts*; for if *you close the Cut up with the Thumb of your other Hand, keeping it so closed for a Quarter or Half an Hour*, this will infallibly stop the Bleeding: After which, if you double up a Linen-Rag five or six times, dip it in cold Water, and apply it to the Part, *binding it on*; this, by preventing Inflammation and a Flux of Humours, will give Nature Time soon to heal it without any other Application, as is seen in the common Practice of Surgeons when they let a Man Blood; *for all the Application they make to the Vein so cut, is a Pledget of Linen dipped in cold Water, and bound on with a Fillet*: For all Wounds, without Loss of Substance, will heal of themselves, if Inflammation be prevented, and the Lips of the Wound are kept close together.

Bitings of a mad Dog. We are also informed by *Van Heydon*, That in his Time some were of an Opinion, That a Person bit by *a mad Dog*, might be preserved from that Symptom, called, *The Fear of Water, which generally follows, and proves so mortal*, by applying cold Water to the Place bitten: And this, he says, they conceive to be no unlikely Thing, if there is any Credit to be given to what *Cornelius Celsus* writes, who saith, That the only Remedy in this Case is, to throw the Party who hath *the Fear of Water* upon him, into a Pond or River, and when plunged over Head and Ears, *to keep him in the Water till filled with it, whether he will or no*; and by this Means both his Thirst and Dread of Water will be cured. For if this Immersion be of Use when the Person is so far gone, why should it not be of greater Force in preserving from it, *if speedily applied, and repeated*? Now tho' this is mentioned by him as a probable Opinion, yet Experience in our Days shews, That *the Plunging the Patient into the salt Water, either of the River of* Thames *about* Gravesend, *or in the salt Springs in* Cheshire, is the best Means to prevent any Evil succeeding the Bite of a mad Dog; *they must indeed be dipped so often, as to be almost drowned before the Danger is over*: But

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'tis a Question whether the Saltness of the Water contributes any thing to this Cure, since *Boerhaave*, the present Professor at *Leydon*, affirms, That when Men bitten by a mad Dog are arrived to the Fear of Water, called an *Hydrophobia*, they may be cured, *by blinding the Patient's Eyes, and throwing of him into a Pond of Water often, till he seems not to be afraid of it*, or but very little, and then force him to drink large Quantities.

Falling-Sickness.

And we are told by Dr. *Edward Browne*, That a Person troubled with the *Falling-Sickness*, by happening to fall into a cold Spring (*I suppose it was in the Time of his Fit*) was freed from his Distemper all his Life after: And he saith, There is no need of preparing the Body for it in this, as in some other Cases. But the Patient when plunged into a Cold Bath, ought to continue in the Bath each Time about three or four Minutes; for in plunging over Head and Ears at his first Entrance into a Cold Bath, the Brain will be so sensibly affected, as to be relieved from the Distemper, which is a kind of Convulsion proceeding from an Inflammation, or some other Cause; *but we want more Experiments to confirm this Notion*: Which Notion may be worth nothing, that the Thing may be tried in others, to see if it will succeed as it did in this Person. For 'tis said by the ingenuous Dr. *Pitcairn*, a *Scotishman*, sometime *Professor* at *Leyden*, That *there is no such Thing as the Art of Curing, but only the Practice, Remedies were found out by Chance*, *p.* 264. of his Works. For when Remedies thus happen to be discovered, and prove often to be effectual, the remembring that Remedy, to apply it in a like Case of Practice, brings Reputation to the Prescriber; but if it fails, some other Experiment must be tried, which, were Physick an Art, need not be done, because the Rules of Art are certain, and Men depend upon them as such.

Madness and Melancholy.

'Tis also said by the same Dr. *Browne*, That *Madness* and *Melancholy*, with all their Retinue, may find better Effects from the Use of bathing in cold Water, than

than from other violent Methods, with which People ſo afflicted are now treated; For, ſays he, *that which will make a drunken Man ſober in a Minute, will certainly go a great way towards the Cure of a Madman in a Month.* Now 'tis moſt certain, to my own Knowledge, That *if a drunken Man be plunged over Head and Ears in cold Water, he will come out of it perfectly ſober:* And ſome I have known, that in ſuch Caſes have been recovered by barely waſhing their Heads in cold Water. Which fore-mentioned Opinion of Dr. *Browne*, is confirmed by the Practice of Dr. *Blair*, who, in a Letter to Dr. *Baynard*, declares, That he cured a Man *raving mad*, who being bound in a Cart, ſtript off his Clothes, and blindfolded, *that the Surprize might be the greater*; he on a ſudden had a great Fall of Water let down upon him from the Height of twenty Foot, *under which he continued ſo long as his Strength would permit:* And after his Return home, he fell into a Sleep, and ſlept twenty nine Houts, and awaked in as quiet a State of Mind as ever, and ſo had continued to the Time of writing that Letter, which was twelve Months. Diſtraction alſo in *Fevers*, of which there are divers Inſtances in the Hiſtory of *Cold Baths*, has been cured by being plunged in cold Water. See *p.* 226.

Which Relation ſeems to make that a more probable Truth, which was related in a Letter from Sir *John Floyer* to Dr. *Browne*, and printed by that Doctor; that in *Normandy* they *immerſe* Fools, *or dip them in cold Water to cure them:* A hot Brain being the Cauſe, perhaps, of ſeveral Diſorders in the Underſtanding, and is in great part found to be true, in the ridiculous Behaviour of ſome drunken Men, which, when their Heads are become cool, *abhor what they before did or ſaid.* Now if ſuch Dipping would cure Fools among us, great Numbers might be made more happy than they are by being ſo dipped, before they have beggar'd themſelves by Imprudence.

Dr. *Browne*, in his Diſcourſe of *Cold Baths*, affirms, that to bathe in cold Water hathe been found to be the quickeſt, ſafeſt, and pleaſanteſt Cure for *the King's-Evil*; and he tells us, in *p.* 85. of a *York-ſhire* Gentleman, who was grievouſly afflicted with this Diſtemper, having great Ulcers in the Glands of his Neck, which were ſo much inflamed, as to bring him very low; but being adviſed by Dr. *Baynard* to bathe in the Cold Bath, he in a Month's Time was perfectly cured, *his Ulcers being healed up, contrary to the Opinion of the moſt learned Phyſicians.* *King's-Evil.*

We alſo find mention, in the Deſcription of the *Scottiſh* Iſlands, of an odd Remedy commonly made uſe of there for the Cure of the *Faundice*; which is this: They ſtrip the Party naked, lay him upon the Ground on his Belly, *and pour unawares upon his Back a Pail of cold Water.* And alſo *Pains in the Joints*, as Dr. *Curtis* tells us, will be cured, by holding the Part under the Stream of a Pump or Cock; and fomenting with cold Water, is commended as good to aſſuage *hot Swellings*. And I know a Perſon who had often been ſubject to *Blood-ſhot or inflamed Eyes*, who afterwards, upon the Beginning of the ſame Diſtemper, took, by Advice, a Ball of Linen-Rags, dipped them in cold Water, and applied them to the Part, *cooling them by new dipping as oft as they grew hot*: Which Application was continued three Hours, in which Time the Humour was ſo repelled, as to be troubleſome no more; for the Party, to my Knowledge, hath had no Sign of that Diſtemper ſince, tho' the ſame had been very troubleſome many times before: And the ſame others have tried with the like Succeſs. *Faundice, Swelling, inflamed Eyes, and Pains in the Joints.*

It is alſo adviſed by Dr. *Gideon Harvey*, to waſh the Eyes well twice a Day in cold Water, as the beſt Remedy *to prevent Defluxions on them, and preſerve the Eye-ſight, which it greatly comforts.* And this I have found true for many Years, my Eyes being often apt to be dim and ſtiff, ſo that I could ſcarce open my Eye-lids, which, upon waſhing for a Minute with *Defluxions on the Eyes.*

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fair Water, hath been felt no more for a good while after. Besides which Benefit to the Eyes, Authors say it is also good to *preserve the Memory*, if the whole Forehead be washed twice a Day; and 'tis also a certain Cure for itching in the Eyes. And indeed washing with Water will free Mankind from a troublesome Itching in any other Part of the Body, let it be never so private, as *Cook* in his *Observations on* English *Bodies*, doth expressly declare from Experience. And *Wedelius* affirms, that violent Itching in a Man's Cod was so cured by him; and if the other Sex would make use of it, a single Life would be less uneasy than it seems to be to some.

Callosity & sore Feet.

Some People are troubled with a *Callosity*, or *Hardness of the Bottom of their* Feet, which is so troublesome, as to be a hindrance to their easy walking; for which a Cure is prescribed by Dr. *Cook*, that is, *to soak them well in warm Water*, till the Hardness is soften'd, and then scrape it off with the Edge of a Knife; and if the Feet burn with any unnatural Heat, and are tender, it was advised by Mr. *Rumsey*, in his *Organon Salutis*, to bathe them daily in cold Water. Others affirm, that to bathe tender Feet often in hot Water will cool them, by giving Vent to that which is offensive; and 'tis useful in a Cough.

Scurvey.

The plentiful drinking of Water is commended in the Scurvey, *whether hot or cold*, by Dr. *Pitcairn*, to dissolve the Scorbutick Salts, and carry them out by Urine, but this is a Distemper that Dr. *Cheyne* affirms is difficult to cure, that nothing but a total Abstinence from Flesh, Fish, and strong Liquor, will overcome the Gout, *p.* 127. *whether they are Acids or Alkalies*, but tho' Weakness and Faintness commonly attends on this Distemper, yet my self, who have been formerly extremely troubled with the *Scurvey*, which often made me faint and weak, and my Pulse so low as scarcely to be felt, found at last that the Pulse would infallibly rise upon drinking a Pint or more of cold Water, *and in a little Time I should again become brisk and strong*: For I have often

often observed, that upon a Disorder of the Stomach, the Strength of the bodily Members soon would fail, *and as easily be recovered when the Disorder of the Stomach was removed*; which requires Temperance and cooling Diet, when distempered, especially in Drink.

Asthma and Consumption.

To what hath been already said, I will add an Account, taken from a credible Person, of a Man in the Parish of *Shoreditch*, who was desperately ill of an *Asthma*, or *Shortness of Breath*, and *deep Consumption*, for which he had tried many Remedies to no Purpose. At length he was advised by a Physician, being poor, *to drink no Drink but Water, and eat no other Food but Water-gruel, without Salt or Sugar*; which Course of Diet he continued for three Months, finding himself at first to be somewhat better, and at the three Months End he was perfectly cured; but, for Security-sake, he continued in that Diet a Month longer, and grew strong and fat upon it. *But his Diet he had no mind to, till he was thoroughly hungry*, and then he eat it with Pleasure; in which perhaps consisted the best part of his Cure, it being an Advantage to Health never to eat till Hunger calls for Food.

Cough cured.

And I remember a young Woman, a Burnisher of Silver, *who had a desperate Cough*, for which she had taken many Things of an *Apothecary* to no Purpose; at length the Journey-man told her, his Master said, he could do no more: But, said the Fellow, I would advise you every Morning to wash behind your Ears, and upon your Temples, and on the Mould of your Head with cold Water: Which she told me she did, and was perfectly cured of her Cough by that Means. And for a Hoarseness that comes upon a Cold, the dipping of a Handkerchief five times double in very hot Water, and holding it to the Mouth and Nose, new dipping it as it becomes cold, is commended by Dr. *Alex. Read* as a good Remedy.

Hoarseness.

There are divers other Cases wherein the Use of Water hath done much Good. An ancient Practiser in Physick told me, That in many *Difficulties of making*

Difficulty in making Water.

 king

king Water, he had adviſed the Party to put his Yard into Water as hot as he could endure it, *which in a Minute did cauſe him to make Water*; and that Women have had the ſame Benefit by ſitting over hot Water. And he often had adviſed them *who were coſtive, and went to ſtool with great Difficulty*, to ſit over a Pot with hot Water in it; which ſoon was attended with an eaſy Dejection, or Stool, the Body drawing up the Vapour, which provoked Expulſion of the Excrements without much Straining.

Coſtiveneſs.

Children unquiet.

And it hath been obſerved, That *froward Children hath been made much more quiet*, by waſhing their lower Parts every Morning with Water, to waſh off the Salts of their Urine, which uſually ſtick in the Pores of the Skin, and are fretful and uneaſy, *and nothing cures their Soreneſs about thoſe Parts like it.* Nor is there any thing more effectual to cure Men, *who are gauled with riding*, than to waſh themſelves well, when they go to Bed, with cold Water; *and waſhing the bare Breaſt every Morning with cold Water*, will make thoſe hardy who before were apt at every Turn to take Cold. To which I will add what Sir *Theodore Mayhern* affirms in his *Medicinal Counſels*, That in moſt Diſeaſes of the Head, there is nothing better *than to bathe it with cold Water*, which, in a deſperate Pain of the Ear upon taking Cold, I have found to be true; for the Pain did vaniſh upon applying to it about 30 Minutes a Towel doubled up often, and wet often in cold Water; and tho' it returned again, yet Eaſe was ſoon obtained the ſame Way, and the Cure perfected in four times doing: Which Cure of a Pain gotten with Cold, by a cold Application, will not ſeem ſo ſtrange, when we conſider that in the Northern Countries, Mortifications from Cold are no ways to be cured but by applying cold Snow; as Travellers into *Denmark* and *Sweden* do affirm.

Head-Diſeaſes.

Pains in the Ear.

In ſhort, Water, when rightly made uſe of, appears, from the Accounts before-mentioned, very effectual *to prevent and cure many Diſeaſes*; but more eſpe-

Curtis's Opinion of Water.

especially the inward Use thereof: For to use the Words of the ingenious Dr. *Curtis*, in his *Essay for the Preservation and Recovery of Health*; The habitual Use of Water for common Drink, *preserves the native Ferment of the Stomach in due Order, keeps the Blood temperate, and helps to spin out the Thread of Life to the longest Extent of Nature; it makes the Rest at Night more quiet and refreshing, the Reason and Understanding more clear, the Passions less disorderly; and in Case of eating too much, a large Draught of cold Water vastly exceeds any other Cordial to cause Digestion:* Water being not so cold and lifeless, *he saith*, as many imagin. Besides which Commendation of it by this Doctor, *'Tis certainly a Drink that will not ferment in the Stomach, nor turn sour*, as Wine and strong Malt Drinks will, to the hindring of a good Digestion, *which all Acidity in the Stomach certainly doth, when it abounds there*; and is best corrected by weakning or making it less sour, by drinking good Store of Water, *as the Experience of above forty Years Practice hath assured my self, and many others.* For tho' Water is accounted a contemptible Drink, yet by beginning to make use of it about Thirty Years of Age, *before which I was often out of Order*, and continuing the Use of it ever since, drinking very little Wine or strong Drink, *I have attained to the Age of Seventy four Years*, when Thousands in the mean time, who delighted only in drinking strong Beer, Wine, and Brandy, have not lived half so long: Which makes good that Saying in the Scriptures, That *Wine is a mocker, and strong drink is raging, and he who is deceived thereby is not wise*, Prov. xx. 1. since it no way contributes to long Life, for, 'tis certain, that Thousands in the World live as long who drink no strong Drink, *as any Drinkers of it do.* Some indeed, from an extraordinary Strength of Nature, have been hard Drinkers, *and yet die old*; but for one who does this, perhaps an hundred are destroyed by it before they come to half the Time of Life; and generally we shall find that

very ſtrong and healthy Conſtitutions, at the Long-run, are ruined by Riot and Exceſs, there being no certain Safety in any Way of Living, *but that of Temperance and Moderation.* Nature in ſome may, a long Time, withſtand the Abuſes offered to it, *but at laſt it will yield to its Enemies*; and thoſe who live the longeſt in an intemperate Courſe, might, from the Strength of their Conſtitution, *have lived much longer, had they eat leſs, and uſed themſelves to drink more Water*; which Drink, as it is moſt friendly, and longeſt will preſerve the Life of a ſtrong Conſtitution, *ſo 'tis abſolutely neceſſary for thoſe that are weak and ſickly*, and are naturally ſubject to *the Gout, the Stone, Shortneſs of Breath, Wind, Ill-Digeſtion*, and ſuch like.

Uſeful in Vomiting.

But the chief Uſe of Water in preſerving of Health, *is by uſing of it as a Vomit, as before was ſhewn*, which is an infallible and the moſt ſpeedy Remedy that was ever found out for any Stomach Sickneſs, or Pain there; for to vomit with warm Water, will effectually remove it in one Hour, and be a Means to prevent great Fits of Sickneſs, and preſerve the Lives of many Thouſands to Old-age, *by cleanſing the Stomach from that tough, ſlimy, or corrupt Matter that offends, and is the Cauſe of all mortal Diſeaſes*, eſpecially of an *Apoplexy*, which tho' counted a Diſeaſe of the Head, *yet hath its Original from a foul Stomach*, which nothing doth ſo effectually cleanſe as Vomits; according to Dr. *Curtis*, who ſaith, That vomiting with warm Water, or *Carduus*-Tea, is very beneficial to bring up that which fluctuates in the Stomach, and that tough, ropy Phlegm, which ſticks faſt to the Wrinkles and Folds of that Bowel, *and which Purges do often paſs over, and cannot remove.* Which Way of vomiting with warm Water, is ten times more eaſy and pleaſant than that which is effected by the Uſe of nauſeous Tea made of *Carduus*, which Phyſicians ſometimes adviſe; and 'tis alſo ſuch, as can do no Harm by Violence, as other Vomits made from *Antimony* ſometimes do, for want of drinking after each

Vomit

Vomit a Pint or more of Water-gruel, or warm Water, when you vomit with Water.

And here it may not be amiss to relate what I some Years ago discovered, in order to Mens freeing themselves from Sickness that may happen after eating; for being invited to dine at a certain Table, where there were several good Dishes of Meat, I was over-persuaded to eat more than I should, and in a little time after Dinner found my self began to be sick. I went out, and in a private Place attempted to vomit, by tickling my Throat with my Finger, but could not vomit as I design'd; only by this Means I raised up two or three Mouthfuls of thick, tough Phlegm, upon which *I found my self better, and my sick Qualm went off.* I took the Hint it gave me, and have done the same several Times since, and find that the getting up the Pleghm, *which like Yest upon Beer, works up to the Mouth of the Stomach*, a Man may free himself from some Kinds of Sickness after eating. And I remember it is an Advice given by one *Vaughan*, in a Book long since printed, intitled, *Directions for Health*, for Men who feed high, *to put their Finger in their Throat when they rise in the Morning, to make themselves puke*, or void the Phlegm which can be raised, as an excellent Way to preserve Health; and 'tis said also to be an absolute Preservative from the *Gout*, by a good Writer.

I will conclude with this Note, That in such Distemper *where Water drinking will be available for a Cure*, the same must not be drank sparingly, but plentifully, *as* (for Instance) *to ease the Gripings in a Looseness or Flux:* For if but a Pint of Water should be drank, Ease would hardly succeed; but drinking in about an Hour's Time *a Quart or three Pints*, the Sharpness and evil Quality of the Humour offending, will be so far diluted or weakned, that immediate Ease will follow. *If the Season be too cold to drink cold Water, you may warm it a little upon the Fire, or put a hot Toast of Bread into every Pint*; and the same is true *in Fevers, or in Pains from*

The Quantity of Water needful.

from Gravel or the Cholick: A ſmall Quantity will not be effectual in theſe Caſes, for in the *Cholick* a Quart is neceſſary, *which ought to be carefully noted*, and in a Fever, a little Water will rather increaſe the Burning, which large Draughts, often drank, will ſoon take off. *Reſt, Faſting, and drinking much Water*, after a Vomit or two, is a Courſe that never yet hath failed to cure Fevers, *by clearing the Stomach of that ſordid Filthineſs which cauſeth the Diſtemper*; for a happy Iſſue will certainly follow ſuch a Courſe, if the Fever is ſimple, and not complicated with ſuch other Diſtempers, which will reſiſt all Remedies: For in many Caſes nothing can prevent Mortality, *as is evident by the Death of the beſt Phyſicians themſelves, and by the Death of many, who conſulted with them for a Cure, ſince many die under the Hands of the moſt able Doctors, as well as Quacks.*

Grief and Frights. I will add to what hath been ſaid, one Experiment more, that is very material: And that is, being very *hypochondriacal*, and of a *melancholy Temper*, I have often been ſtrangely dejected in Mind when under Grief for ſome Misfortunes, which ſometimes have been ſo great, *as to threaten Danger to Life*; in which Fits of Grief I always found the Parts within my Breaſt very uneaſy, and ſometimes continued long: But now I have found a good Remedy, *for upon drinking a Pint or more of cold Water, I find Eaſe in two or three Minutes, ſo that no Grief ſeems to afflict.* Which Experience I diſcover for the Sake of others in the ſame Circumſtances, being certain, that the Stomach ſympathized with the Mind, and this becomes the Cauſe of that uneaſy Senſation perceived there; for which, cold Water I have found to be the beſt Remedy in my ſelf, and I believe others may find the ſame Benefit, who will make uſe thereof upon the like Occaſion; and it gives alſo Relief to People under Frights, which ſometimes have been very fatal, even to Death.

Vapours. There is alſo another Experiment that I have often ſeen of good Effect; and that is, That if Perſons, ſub-

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ject to what is called *Vapours*, or that are afflicted with Fits, commonly called, *The Fits of the Mother*, will but drink Water when they find their Fits approach, it will immediately yield Relief. There is in this Case a mealy Julep, prescribed by Dr. *Bates*, which is to take *a Spoonful of fine Wheat-Flower, an Ounce of fine Sugar, and a Pint of Water, brew them together, and drink it off.* This is pleasanter than Water alone; but Water of it self will be as effectual, or rather better, as hath been often proved upon Persons in those Fits.

How to distinguish Water.

Some perhaps may desire to know how to distinguish good from bad Water; and the Way to do this, *is by the Taste and Scent*, for being purely fresh, not salt, nor sweetish, not ill-scented, 'tis good, *provided it be pure and clear*: Of which Kind is the common Water used in *London*, when well settled, or in fair Weather. As for those who are curious, and will be at the Charge, they may procure the best Water for Drink by *Distillation*, either in an Alembick, or in a cold Still used in drawing any cold Waters from Herbs; *for no earthy or metallick Substance, nor any kind of Salt will rise in Distillation*: So that the Water so distilled, will be pure, and admirable to drink when cold, *and will keep as long from stinking as any of the cold distilled Water in the Apothecaries Shops*; according to what Dr. *Quincy* hath affirmed about it in his *Dispensatory*.

Those who have not the Convenience of Distillation, may boil it a little as they do for *Tea*; for then, when kept a while after it is cold, it will become more fine, by suffering any Mixture contained in it to settle to the Bottom of the Vessel, and that will render it still more pure: In short, all Water that will make a good Lather with Soap, is wholsom to drink without boiling, but none else.

Pains in the Stomach.

Since the collecting together the fore-mentioned Accounts, I have met with a Book written by Dr. *Boerhaave*, the present Professor of Physick at *Leyden* in *Holland*, who affirms, that drinking Water, made-

thaſe very warm, is a good Remedy *to pacify griping Pains in the Stomach*; and that 'tis proper to bathe Wounds in the Face with it, when they come to be juſt healed, ſo that the Place be kept continually wet, *which I conceive it beſt done by applying often Linen Cloths wet, and binding them on till they begin to be dry*, for this will prevent Scars. And he ſaith, That warm Water is better to attenuate, or thin the Blood, than cold.

Fevers. There is publiſhed lately a Book of Experiments made with Water, by Dr. *Hancock*, a Divine, called, *Febrifugum Magnum*; wherein he ſaith, That drinking a Pint or a Quart of cold Water in Bed, will raiſe a copious Sweat, *and cure all burning Fevers*, which at once taking hath done the Buſineſs: It will raiſe a Sweat without much more Covering than ordinary. And he further affirms, That the ſame taken *at the Beginning of the cold Fit of an Ague, and ſweating upon it*, at two or three times taking, will cure that Diſtemper. A large Quantity of hot Water, I know, hath been adviſed to take off the cold Fit of Agues, but the Party was not ordered to ſweat. Which Diſcovery of the reverend Doctor about Fevers, is confirmed by the following Accounts, which I received from a worthy Gentleman, Mr. *Ralph Thoresby*, F. R. S.* to whom they were tranſmitted by Mr. *Lucas*, a pious and learned Gentleman of *Leeds* in *Yorkſhire*, who ſays that

'One Captain *Reſter* fell into a violent Fever, which 'aſſoon as he perceived, he ſaid he muſt have ſome 'cold Water, The Gentlewoman, at whoſe Houſe he 'lodged, not thinking that proper, boiled the Wa'ter (unknown to him) and put ſome Spirits there'in, and ſent it up cold; but he ſmelt it before it came 'to his Head, and refuſed to drink it, ſaying, he

'knew

* Author of *Ducatus Leodienſis*, or Topography of *Leeds*, which the preſent learned Biſhop of *London*, in his Preface to the new Edition of *Camden's Britania*, ſtiles, *An Uſeful and Accurate Treatiſe*.

'knew what he did, for he had ſeveral times tried
'it. Afterwards ſome clear Water being brought,
'he drank it, ſweat profuſely, and was well the next
'Day.

'Another Captain of a Ship alſo took the ſame
'Method, when he, or any of his Men, fell into a
'Fever; which had the deſired Succeſs.

Mr. *Lucas* adds, in another Letter to the ſame Gentleman, 'That his own Wife fell very ill of a
'Fever; ſhe drank Water, ſweat very much, and
'thereby recovered.'

All which Inſtances corroborate the new Way of curing Fevers, ſo lately diſcovered in this City by Dr. *Hancock*; who alſo ſaith, he has had long Experience of curing *common Colds* with cold Water; and *Colds.* this is done by drinking a large Draught of Water at going to Bed, another in the Night, and another in the Morning: Which, he ſaith, will ſoon thicken and ſweeten, and digeſt that thin ſharp Rheum, that provokes Coughing to no purpoſe; *for the Rheum, when thin, is hard to brought up*; but when thicken'd, it will come up eaſily, and the Cough will ſoon go off. Which agrees with what I before affirmed from my own long Experience.

He alſo affirms from his own Experience, that uſing *Good for the Breath.* ſometimes to take a Walk of eight or ten Miles in a Morning, he found that *Water gave twice as good Breath for that Purpoſe as Wine or Ale*; and if it would do this for a Man who had no *Aſthma*, he doubts not but it would do the ſame in a Perſon troubled with one. And he alſo affirms Water to be the beſt Remedy *for a Surfeit*, to the Truth of which I can teſtify by long Experience.

He alſo affirms, that drinking cold Water hath been *Rheumatiſm.* found good in *Rheumatiſms*, and that to one ſo afflicted he had adviſed to drink it as he lay in his Bed, and it took off the Fit; but if hot Water attenuates the Blood moſt, as *Boerhaave* affirms, 'tis then beſt to drink of it warm daily to a good Quantity: For,

as *Pitcairn* obſerves, *'tis then the beſt Diſſolver of all kinds of Salts in the Body*, which it will carry off in the Urine, if drank plentifully; for by Urine, Salts are evacuated, as is evident by the Taſte.

Gout in the Stomach. And it is his Opinion, from the long Experience he hath had of the Effect of Water in keeping the Stomach in order, and making it tight and ſtrong to perform its Operations, and digeſt all Humours, that *it will cure the Gout in the Stomach*; and perhaps it may do it better than Wine, *which I have known to fail.* And I do not wonder that the ſame Liquor, which is the principal Cauſe of the Gout in other Parts, ſhould not be a help in that Part, but rather kill, *as it often is found to do, tho' the ſtrongeſt Wine is drank.*

What Sweating moſt natural. In ſhort, he affirms, and that with great Reaſon, *That ſweating in Fevers by drinking cold Water, is more natural than to do it with hot Sudorificks*, which often do harm *in the Beginning of Fevers*, except good ſtore of cooling moiſtning Liquors are drank with them, *they being more apt to inflame than cool and quench Heat in the Body*; and for that Reaſon Sweating hath not been often adviſed by Phyſicians, *becauſe they were ignorant of this Way of ſweating* to cure Fevers, by drinking cold Water.

Which Cure, he ſaid, did ſucceed in one who was his Relation, *at the fifth Day after his falling ſick*; to whom he gave a Doſe of Water after he was in Bed, and he ſweated profuſely for 24 Hours, and thereby was cured. *Half a Pint*, he ſaith, *is enough for a grown Child*; *a Pint to a Man or Woman, tho' if they drink a Quart, it will be better.* And in *Scarlet-Fevers*, *Small-Pox*, or *Meaſles*, tho' the Water will not cauſe Sweat, yet it will ſo quell and keep under the *Fever*, that the Eruptions will come out more kindly; which is a Confirmation of what before was ſaid *about Dr.* Betts's *preſcribing two Quarts of Water, when the* Small-Pox *did not come out kindly*; the Water afforded Matter to fill them up,

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according to what the Author obſerves of a certain Perſon, in *The Hiſtory of Cold Bathing*, p. 347. That he could give an hundred Inſtances where People of all Ages have been loſt, *by being deny'd Drink in the* Small-Pox, —— *for it hinders the filling of the Puſtules.*

And Dr. *Hancock* ſets down an Account of the *Author of the Free-Thinker*, concerning a Woman, *who in the laſt great Plague*, fell ill of that Diſtemper, who got her Husband to fetch her a Pitcher of Water from *Lamb*'s-Conduit; ſhe drank plentifully of it, but did not avoid the Cold, and ſo did not ſweat, *however ſhe was cured.* And he gives us another Relation of an *Engliſhman*, formerly Reſident at *Morocco*, that fell ill of the *Plague* at that Place, and getting Water to drink, fell into a violent Sweat, and recovered: From whence the Doctor concludes, That Water is good in the *Plague*; agreeable to what is related in Sir *John Floyer*'s *Book of Cold Baths*, wherein it is ſaid, That but Two died of the *Plague* who lived over the Water upon *London-Bridge*, p. 223. the Coolneſs of the Air being ſuppoſed to contribute to their Health who inhabited on the Water in that Manner, their Blood being cooler than others: 'Tis ſaid alſo, the Watermen eſcaped better than others. *Plague.*

I will here add to what the Doctor hath ſaid before concerning the Cure of *Fevers*, That if the *Fever* be accompanied in the Beginning *with any great Illneſs at the Stomach, Nauſeating or Vomiting*, it will be the ſureſt and ſafeſt Practice to clear the Stomach firſt, by vomiting with *warm Water, as before directed*; for I cannot believe it poſſible for the Stomach to be cleared from foul Humours by ſweating; *it may do, if no great Senſe of Diſorder is perceived there*, but it will certainly be ſafeſt to cleanſe the Stomach firſt, *which is the Place where all Diſeaſes have their Original*; for then ſweating with cold Water afterwards may turn to good account. Indeed I have not made

any Trial of it since the Doctor's Book was published, but I have a very good Opinion of his Accounts therein given concerning the Benefit of Water, *having had so much Experience thereof in my own Practice for above forty Years*; for so long it is since I first began to collect those Accounts, and make those Experiments, which are herein made publick for the Benefit of all. I will only add, That in a Book, intitled, *Organum Salutis*, p. 50. written by Judge *Ramsey*, he saith, *He never found any thing more useful for the Health of Man, than to drink first in the Morning half a Pint of cold Water*; and this will contribute much to the Cure of Blood-shotten Eyes.

Since the last *Edition* of this Work, there hath been published *An Essay of Health and Long Life*, by Dr. *Cheyney*, wherein this Truth is affirmed too,

Pag. 42, 43, 44.

'That Water was the primitive, original *Beverage*, 'and happy had it been for the Race of Mankind, if 'other mixt and artificial Liquors had never been in-'vented) and that Water alone is sufficient and ef-'fectual for all the Purposes of human Wants in Drink. 'Strong Liquors were never designed for common 'Use, tho' now we see the better Sort scarce ever di-'lute their Food with any other Liquor: And there-'by we see their Blood becomes inflamed into *Gout*, '*Stone*, *Rheumatisms*, raging *Fevers*, and *Pleurisies*; 'and their Passions enraged into Quarrels, Murders, 'and Blasphemies; their Juices dried up; and their 'Solids scorched and shriveled.' This Author p. 46. exclaims against strong Drinks, as the Root of one half of all the human Miseries; but finds they are unwilling to leave them off, pretending the Danger of all sudden Changes. But he alledges, 'That he 'hath known good and constant Effects, from leaving 'off suddenly great Quantities of Wine, and Fleshy 'Meats too, by those accustomed to both; and ne-'ver observed any ill Consequences from it in any 'Case whatsoever; but that broken Constitutions

have

have thereby lived longer, and grown better, by so doing.

Some few, and but very few, have pretended, That by leaving off Wine and ſtrong Drink, and uſing only Water, they found their Bodies weakned: But this perhaps may proceed only from the ſame Fancy which made the Lady believe her Doctor could not cure her becauſe he did not keep a Coach. There may be ſome Conſtitutions that Water doth not agree with, even as Cheeſe will not agree with ſome: Nay, I once met with an ancient Woman, who affirmed, ſhe could not, and never did eat Bread. And there are ſo few in Compariſon to them who have found Benefit by the Uſe of Water, to thoſe that have not, that no wiſe Man will refrain on their Account, till upon Trial, he really finds it will not agree with him.

One of the moſt ingenious Watch-makers in *London*, very lately, from a long continued *Flux*, was very much weakned, and entirely loſt his Appetite, ſo far that he could eat no Food whatſoever: He had the Advice of an able Phyſician, his intimate Acquaintance, who could not give him any Relief. He, upon reading my Book, came to aſk me, Whether I thought he might venture to drink Water? I thereupon prevailed with him to drink half a Pint of cold Water, going to Bed, and half a Pint in the Morning: He, tho' an imoderate Drinker of Wine before, was ſo far from being injured by it, that in a Fortnight he began to eat, and in about a Month recovered as good a State of Health and Countenance as he had before.

It hath been objected by ſome few, That drinking of Water maketh them coſtive: Which, well conſidered, is an Argument that it ſtrengthens the Bowels; for all *Fluxes* proceeds from weak Bowels, and are an Enemy to the Strength of the bodily Members, no Perſons being in Health, as Dr. *Baynard* affirms; but thoſe who evacuate figured Excrements, which

weak

weak Bowels never do; ſo that firm Excrements, tend moſt to Strength, provided there be an Evacuation once in a Day, which is enough for them who through Temperance, live wiſely, and do not deſtroy themſelves by Gluttony.

SOME

SOME RULES FOR *Preserving Health* BY DIET,

Collected from Physical Authors.

IN a little Treatise, entitled, *Kitchin-Physick*, written by Dr. *Cook*, the Author declares, *he can hardly be told of any Disease which he cannot relieve or cure by a proper Diet*, p. 39. And in the same Book we find his Opinion to be this, That all tender sickly People, and all aged and decreped Persons, *ought to eat often, and but a little at a time*, because weak and wasted Bodies are to be restored by little and little; and by moist and liquid Food also, rather than by solid, *because moist and liquid Diet does nourish soonest, and digest easiest.* *Diet will cure Diseases.*

Those,

Feeding much bad for weak People.

Thoſe, he ſaith, that eat much, and get little Strength by eating, ſhew, that they have uſed themſelves to too full a Diet; *and the more you cramb ſuch Bodies, the leſs they thrive by it, but rather grow worſe and worſe:* Becauſe by much feeding you do but add to the bad Humours wherewith the Body is already filled, which ſhould rather be waſted by purging, and uſing a ſpare Diet.

A ſpare Diet what.

And a ſpare Diet he deſcribes to be this, *That we never eat at once till the Appetite is fully ſatisfied, and never to eat till we have an Appetite*; and Men never have a true Appetite till they can eat any ordinary Food: And he adviſeth *to keep conſtantly to a plain Diet*; for thoſe, he ſays, enjoy moſt Health, and live longeſt, *that avoid Curioſity and Variety of Meats and Drinks*, which only ſerve to entice to Gluttony, and ſo work out Ruin.

Sick to recover ſooneſt.

Another ſaith, that the leſs Food the ſick Perſon eats, the ſooner he will recover; for 'tis a true Saying, *The more you fill foul Bodies, the more you hurt them.* The Stomach being the Place where Diſeaſes have their Origin, when that Part therefore is weak, and out of order, and cannot make a good Digeſtion, if much is eaten, raw and crude Humours muſt needs be bred, and bad Humours cannot produce good Blood.

The Evil of full Meals.

All Men find by Experience, that in the Morning before they have eaten, they are light and pleaſantly eaſy in their Bodies, but after they have indulged their Appetites with Plenty of Food, they find themſelves heavy and dull, and often ſleepy: Which ſufficiently ſhews *that thoſe full Meals are prejudicial to the Welfare of the Body*; for a moderate Meal would have continued the Eaſe and Lightſomneſs they before found in themſelves, and would have refreſhed any Faint-

Faintneſs that Emptineſs might occaſion. And he certainly, who uſeth the moſt ſimple Meats and Drinks, *avoideth the Snare of provoking his Appetite beyond the Neceſſities of Nature*; *whereas Variety enticeth to a freſh Deſire of every Dainty*, till at laſt the Stomach is gorged, and made uncapable of performing a good Digeſtion; and this produceth thoſe Crudities, which are the Cauſe of all Diſeaſes, and of ſo many ſudden Deaths.

The Evil of high feeding.

'Tis generally obſerved, that the moſt unhealthy are found among thoſe *who feed high upon the moſt delicious Dainties, and drink nothing but the ſtrongeſt and moſt ſpirituous Liquors*; whereas others who want this delicate Fare, are ſeldom ſick, except they have ſuch unſatiable Appetites as to eat too much; *which a Man may do of the plaineſt Diet, whoſe Belly is his God*, as an Apoſtle expreſſes it, *Phil.* iii. 19. But tho' Men may glut themſelves with coarſe Food; yet coarſe Food and long Life are very conſiſtent, as appears by *John Bill*, mentioned in the Hiſtory of Cold Baths, *p.* 408. whoſe Food was Bread, Cheeſe, and Butter; and Drink, Whey, Butter-Milk, or Water; and yet he lived 133 Years, and was a ſtrong, ſtrait, upright Man. And the Food of *John Bailes*, whoſe Age amounted to 128. was for the moſt part brown Bread and Cheeſe; and his Drink, Water, or ſmall Beer and Milk, *Cold Bath*, p. 416. He had buried the whole Town of *Northampton* twenty times over, except three or four, and ſaid *ſtrong Drink killed them all*.

Small Suppers beſt.

Dr. *Prat*, adviſeth to ſup ſparingly; for to ſup ſparingly, he ſaith, is moſt healthful, *becauſe of the Experience of an infinite Number of Perſons who have received the greateſt Benefit from light Suppers*. For the Stomach being not over-burthened, the Sleep is more pleaſant; and from ſparing Suppers the breeding of thoſe Humours are prevented, which cauſe *Defluxions, Rheumatiſms, Gouts, Dropſies, Giddineſs, and Corruption in the Mouth from the Scurvy*: And from light

Suppers a Freedom from Sickness and Reaching in the Morning is obtained, and Concoction is made perfect, which prevents Obstructions.

Fasting its Benefit. Another saith, It is well known, that *many Indispositions are cured by Fasting, or a very spare Diet*; for what is taken into the Stomach being no more than can be well digested, the chylous Juice, so rightly prepared, is conveyed into the lacteal Vessels, and from thence into the Blood; so that Nature being duly supplied with well-concocted Nourishment, the corrupted Blood will free it self from that Corruption in time, by throwing it out, through the Pores of the Skin, in Perspiration, and supply it self with the purer Juices; and in this way *Consumptions and Scurveys*, and other Chronical Distempers, will be overcome: Which Way of curing Diseases by Fasting, Swine do naturally betake themselves to, who, when sick, will eat nothing till they recover, as they always do after they injure themselves by over-eating; in which over-eating they are imitated by all who delight in Gluttony, tho' not in using the same Means of Recovery, by Fasting. So that Hoggs are wiser in that particular than such People.

A Rule in Eating. That Men in Health may prevent Diseases, 'twas advised, That one Meal should not be eaten, till the other, which was eaten before, was passed off clean out of the Stomach; *which never is done till the Appetite of Hunger is found to call for another Supply*: By means of which constant Observation, the Food will be converted to good Chyle, and from good Chyle, *which is a Milk-like Substance*, good Blood will be bred, and from good Blood generous Spirits will be produced, *on which a healthy Constitution will ensue*; but, on the contrary, when too great a Quantity of Food is taken *for Pleasure only*, which the Stomach cannot well digest, the Chyle will be raw and corrupt, which will foul the Blood, and render the Body disordered and unhealthy.

Others

Others ſay, That Abſtinence and Sobriety free from moſt Diſeaſes, eſpecially *Catarrhs, Coughs, Wheezings, Giddineſs, Pain in the Head and Stomach, ſudden Death, Lethargies, Gout* and *Sciatica*, an ill Digeſtion being the Cauſe of all theſe; it alſo prevents *Pains in the Spleen, Stone, and Gravel, and a dry Itch*; it makes the Body vigorous and nimble, maintains the Five Senſes in a good State, preſerveth the Memory, quickens the Wit, and quencheth all undue Luſt in Mankind; and, *in ſhort, all Miſers, who eat and drink but little, do live long.* *Benefits of Sobriety.*

Two Meals a Day is ſaid to be ſufficient *for all Perſons after fifty Years of Age, and all weak People*; and the omitting of Suppers does always conduce much to the Health *of the weak and aged:* Since if no Supper be eaten, the Stomach will ſoon free it ſelf from all tough, ſlimy Humours wherewith it is flabbered over on the Inſide, and thereby the Appetite will be renewed, and Digeſtion made more ſtrong. Moreover, all that are troubled with *ſweating in the Night, any ill taſte in their Mouths, Belching and troubleſom Dreams*, muſt avoid Suppers; for in Sleep the Fibres of the Stomach relax, and are not able to contract themſelves ſo ſtrongly, as when awake, to embrace the Food, and by Trituration reduce it into a Pap fit to paſs into the *Inteſtines*, out of which the Nouriſhment is ſent to other Parts. *Rule for Diet after Fifty.*

'Twas ſaid by Dr. *Curtis*, That though thoſe who uſe a ſpare Diet, cannot well bear long Labour; *yet ſuch People, when their Exerciſe is ſuitable to their Strength, do live longer than thoſe of a robuſt Conſtitution, that think large Feeding adds Strength*; eſpecially ſuch as being ſtrong, uſe no Exerciſe proportionable to it, to conſume the Superfluities, which a full Feeding doth occaſion: So that the only Way for thoſe to live long, who that have much Wealth, and need not labour for a Livelihood, is to live temperately; and this Temperance doth conſiſt in not *Temperance prolongs Life.*

letting the common Custom of Meals invite you to eat, *except your Appetite concur with those Times.* We must not indulge the Cravings of a depraved Appetite, *as those do who eat to please their Fancy, and not the Necessities of Nature*; and when we do eat, we must not think that the more plentifully we eat, we shall be the more strengthned; for it will not prove so: *A little well digested will make the Body stronger*, than the being glutted with Superfluity, most of which will be turned into a corrupt Juice, and must be cast out by Physick, or else Sickness will ensue, the easiest Physick is that which the *Germans* call the *Hunger Cure*, if continued a due Time.

Children when ill managed.

It is the Opinion of *learned Men*, That the early Distemper of the Bodies of Children, called *the Rickets*, proceeds from the Faults of their Mothers, *in making them Gluttons from their Cradles*, gorging them with Food till they loath it, out of a mistaken Opinion, *That this is the Way to make them thrive and grow strong*: Which Excess is not only the Cause of this Disease, but of the immature Death of many; and in others it lays the Foundation of many Distempers, which afflict those afterwards who live to Years of Maturity: And as they gorge them with Food, so they vainly think to cherish them with strong Drink, *than which nothing can be more pernicious to the Health of Children*, whose Diet should be little and often, and their Drink cooling. As it also should be when Men arrive at the Time *of becoming Children again in Old Age*, that is, in an helpless State, which should be prevented as much as can be, *by a cooling, moistning Diet, in Opposition to the hot, dry, and withered State of Age*; for 'tis Heat and Dryness that are the Cause of most old Mens Miseries, especially the wasting of the Substance that fills the Parts with Moisture, and keeps the Body plump and smooth; they who stile Wine the old Man's Milk, being greatly mistaken, for Milk cools, and Wine heats.

It

It was the Opinion of Dr. *Pitt*, who was formerly Phyſician to St. *Bartholomew's-Hoſpital, that Faſting, Reſt, and drinking Water*, would cure moſt Diſeaſes; *and there ſeemeth to be a great deal of Reaſon in what he aſſerted.* For Faſting will give Time to the Stomach to unload it ſelf of the Cauſe of Diſtempers, *the Cauſe of all Diſeaſes being begun in that Bowel only*; to which cleanſing, the drinking of Water plentifully, will much contribute; which alſo will keep the Action of the Stomach upon the Hinges, *by filling of it when empty*, at which Time there will be need of Reſt, for thereby the Body will be leſs fit for Buſineſs: Tho' the mere drinking of Water, *which affords Nouriſhment ſufficient for the Growth and Support of all Vegetables*, will, in ſome meaſure, ſupply the want of Food, *as hath been ſhewn in the Example of two, who were ſupported a long Time by nothing elſe.* In ſhort, the beſt Way for a ſick Man to recover, is to eat little or no Food till he finds an Appetite, according to that Saying, *Rules for Sickneſs.*

Spare Diet will the moſt Diſeaſes cure,
If a due Time you can the ſame endure.

And faſting from Food may be continued long enough to be a Remedy for many Diſeaſes, with the Aſſiſtance of common Water; by the drinking of which warm, in a due Quantity, without a total Faſting, *two Perſons, I am informed, were recovered out of Conſumptions*, with which they were extremely weakned, and that in about ſix Weeks time; as another *by drinking Milk and Whey, equal Parts, made blood-hot, without uſing any other Diet*, which is thought to be far more effectual than Aſſes Milk, whoſe Virtue conſiſts in being thinner than other Milk.

But beſides a ſpare Diet, cool dry Air is alſo very helpful to preſerve Men in Health, who are not ſick, for it mixes with the Blood, and without it the Motion of the Blood and Spirits can never be preſerved, *Air its Benefits.*

as

as appears by *Diving-Veſſels*, in which Men cannot live when the Air therein is made hot by their own Body and Breath: And is proved alſo by an Experiment of Dr. *Croone*'s, who ſtifled a Chicken, till it ſeemed quite dead; *and yet by blowing cool Air into the Lungs, with a ſmall Pair of Bellows, it revived.* Hence it appears, that the common Cuſtom of managing ſick People is very pernicious, and ſo far from helping them to recover, that 'tis ſufficient *to make a healthy Perſon ſick*; for were a Perſon, who was not ſick, confined for three or four Weeks in a Room, made hot like a Stove, and kept in his Bed, with the Curtains drawn, and all the Windows cloſe ſhut, and the Rome made unpleaſant with the nauſeous Fumes of Phyſick, and a Cloſe-ſtool, *which will almoſt make a healthy Man ſick when he enters into it*; we can never think that this is the way to recover one that really is ſick and wants the freſh Air and reviving Scents to cheriſh his Blood; *a freſh, open ſweet Air being one principal means to ſtrengthen the Body, make a good Appetite and Digeſtion, and render the Spirits briſk and lively*; Which Advantage ſhould be allowed to all but *Child-bed Women*, and thoſe who are afflicted with the *Small-Pox*: For the freſh Air can be prejudicial to no other, whoſe Bodies are clothed warm, either in Bed, or ſitting in a Chair in their Chamber.

A Fever ſuddenly cured.

Some Years ſince, a Neighbour became very feveriſh, and his Wife perſuaded him to go to Bed; and hearing of it ſoon after, I gave him a Viſit, where I found the Windows cloſe ſhut, the Curtains of the Bed drawn, and the Room very hot, *for it was in* July: He was burning hot, *and complained for want of Breath.* I drew open the Curtains, covered him warm, and then opened the Windows, and the Wind blew into the Room; upon which he ſoon told me, his Shortneſs of Breath had left him. *I perſuaded him to drink ſome Water*, which he found did much refreſh him; and after I had taken my Leave of him, he called for

more

more Water: And while he had the Cup in his Hand, *an Apothecary came in*, whom his Wife had sent for, who, finding him about to drink the Water, told him, If he did it he was a dead Man; but instead of forbearing, he drank it up in his Presence: Upon which the other took his Leave, and told him, he would say no more to him. However, before Night, the Person got up, went abroad, and was cured of his Fever; which is one Instance, *among many others that might be given*, of the Benefit of fresh Air to a Person who is kept warm in his Bed; for thereby his Body was cooled inwardly, and his Breathing made more free, by the Air which was drawn into his Lungs to refresh and comfort the Blood as it passed through them.

A cool and low Diet.

I shall only add, That *by keeping the Blood cool as well as clean*, is to be understood, not only Moderation in Diet, but to feed most on cooling Food made of *Wheat*, *Barley*, *Oatmeal*, *Rice*, and ripe *Apples*, as also on *Milk*, which, joined with *Oatmeal*, is the chief Food of those lusty and strong Men, the *Highlanders* of *Scotland*, who abound in Children, as Dr. *Cheyne* tells us, in his *Treatise of the Gout*, p. 108. *Edit.* 4. which demonstrates Milk and Oatmeal to be a most strengthning Food, and such as keeps the Blood in due order; so that therewith Men may subsist, tho' they abstain from *Beef*, *Pork* and *Venison*, and all other Meats hard to digest, and drink Water as the *Highlanders* do: Of the Efficacy of which cooling *Milk-Diet*, the said Dr. *Cheyne* gives a notable Instance in a Doctor that lived at *Croyden*, p. 103. who had long been afflicted with the *Falling-Evil*; for, by slow Observation, he found the lighter his Meals were, the lighter were his Fits. At last he also cast off all Liquids *but Water*, and found his Fits weaker, and the Intervals longer; and finding his Disease mend, *as its Fuel was withdrawn*, he took to vegetable Food, and Water only, *which put an entire Period to his Fits without any Relapse*: But finding that Food

windy

windy to him, he took to Milk, of which he eat a Pint for a Breakfaſt, a Quart at Dinner, and a Pint for Supper, *without Fiſh, Fleſh, Bread, or any ſtrong or ſpirituous Liquor*, or any Drink but Water, with which he lived afterwards for fourteen Years, *without the leaſt Interruption in his Health, Strength or Vigor*, but died afterwards of a *Pleuriſy*; which is a Confirmation of what Dr. *Cook* did aſſum, of the Poſſibility of curing Diſeaſes by a Diet only, that is temperate and cooling. Of which Milk is a Part, as is alſo the Roots and Seeds of Vegetables, ſuch as Potatoes, Turnips, Wheat, Rice, Barley, Oatmeal, and full ripe Fruit.

In ſhort, Temperance of a ſpare Diet, void of Dainties, never was injurious to the ſtrongeſt Conſtitution, *and without it, ſuch as are weak, and ſickly cannot long ſubſiſt*; for the more ſuch Perſons eat and drink, the more weak and diſordered they will ſtill find themſelves to be: *So that if the Strong deſpiſe Temperance, yet the Comfort of weak, ſickly, and pining People, does depend entirely upon their conſtantly obſerving it*; which, when they are accuſtomed to it, will be eaſy to do: So that they will deny all intemperate Deſires with as great Pleaſure, as they before delight in what is falſely ſtiled good Eating and Drinking; *for nothing of that is good, which is injurious to Health*, 'tis Cuſtom only that makes Men hanker after Gluttony and Drunkenneſs, and a contrary Cuſtom will make Men abhor it as much: And therefore 'tis a Wonder the Rich do not ſtrive to attain to it; for

A fatal Error 'tis in Men of Wealth,
To feed ſo high as will deſtroy their Health.

Temperance being that which will enable them to live moſt at Eaſe, and enjoy their Wealth the longeſt; this, and Water-drinking, being the ſureſt Way to bring Men to Old-age, tho' it hath not Power to make the young who are aged; yet it will make the aged more free from Decrepedneſs, and die with moſt Eaſe, if the Death-bed hath been well prepared for, by a good Life.

FINIS.